## I claim:

1. A food tray assembly comprising:

a tray, said tray having a base wall and sidewalls extending up from said base wall to form a cavity, said base wall having an inner surface, and said sidewalls having inner surfaces; and

a preformed flexible liner, said preformed flexible liner configured and arranged to substantially conform to said inner surfaces of said base wall and said sidewalls to form a liquid containing bowl in said cavity for holding food and liquid therein.

- 2. The food tray assembly according to Claim 1, wherein said sidewalls form a contiguous perimeter wall.
- 3. The food tray assembly according to Claim 1, wherein said liner comprises a preformed flexible paper liner.
- 4. The food tray assembly according to Claim 1, wherein said liner comprises a preformed flexible paper board liner.
- 5. The food tray assembly according to Claim 1, wherein said tray comprises a plastic tray.
- 6. The food tray assembly according to Claim 1, wherein said base wall comprises one chosen from a circular base wall and a rectangular base wall.
- 7. The food tray assembly according to Claim 6, wherein said base wall comprises a rectangular base wall.
- 8. The food tray assembly according to Claim 1, wherein said liner includes indicia.
- 9. The food tray assembly according to Claim 8, wherein said indicia are formed therein or thereon.

- 10. The food tray assembly according to Claim 8, wherein said indicia are printed thereon.
- 11. A food tray assembly comprising:
- a tray, said tray having a base wall and sidewalls extending up from said base wall, said sidewalls and said base wall forming a cavity, said base wall having an inner surface, and said sidewalls having inner surfaces; and
- a flexible liner, said flexible liner having a base wall and upstanding sidewalls, said base wall of said liner substantially conforming to said base wall of said tray, said sidewalls of said liner substantially conforming to said sidewalls of said tray, said sidewalls of said liner forming a contiguous perimeter wall, said perimeter wall forming a liquid containing bowl in said cavity for holding food and liquid therein.
- 12. The food tray assembly according to Claim 11, wherein said sidewalls of said tray form a contiguous perimeter wall.
- 13. The food tray assembly according to Claim 11, wherein said liner comprises a preformed flexible liner.
- 14. The food tray assembly according to Claim 11, wherein said liner comprises a paper liner.
- 15. The food tray assembly according to Claim 12, wherein said base wall comprises one chosen from a circular base wall and a rectangular base wall.
- 16. The food tray assembly according to Claim 12, wherein said base wall comprises a rectangular base wall.
- 17. The food tray assembly according to Claim 11, wherein said liner includes indicia.

18. A food tray assembly comprising:

a tray, said tray having a base wall and a perimeter wall extending around and up from said base wall, said perimeter wall and said base wall forming a cavity, said base wall having an inner surface, and said perimeter wall having an surface; and

a flexible liner, said flexible liner having a base wall and an upstanding perimeter wall, said perimeter wall comprising a contiguous perimeter wall and forming a liquid containing bowl in said cavity for holding food and liquid therein.

- 19. The food tray assembly according to Claim 1, wherein said liner comprises a preformed flexible liner.
- 20. The food tray assembly according to Claim 18, wherein said base wall of said tray comprises one chosen from a circular base wall and a rectangular base wall.
- 21. The food tray assembly according to Claim 19, wherein said liner includes indicia.
- 22. A food tray liner for a tray, the tray having a base wall and a perimeter wall extending around and up from the base wall, said food tray liner comprising:

a preformed flexible liner, said preformed flexible liner having a base wall and an upstanding perimeter wall extending around and upwardly from said base wall, said perimeter wall contiguous with said base wall wherein said base wall and said perimeter wall define a liquid containing bowl when placed in the tray.

- 23. The liner according to Claim 22, wherein said liner comprises a paper liner.
- 24. The liner according to Claim 23, wherein said base wall comprises a circular base wall.